

12 Days of Presence

12/20

Notice the moment.

Be here now. Slow down enough to notice what is before you. Don't miss the moment because you are rushed, thinking ahead of what's on your task list.



12/21

Remember.

Make room for the glitter made up of moments from your past. Share a favorite holiday child memory with someone and ask them to do the same.

12/22

Light up your senses.

Scented lit candles, the taste of chocolate, a hug, a sunrise, driving around to see decorated homes, homemade soup. Whatever it is for you, be intentional in delighting all of your senses today.

12/23

Let there be peace on earth.

Let it begin with me. 'Tis the season for high emotions. Thich Nhat Hanh offers this: when we are in conflict, feeling angry or frustrated, we aren't inclined to be ourselves as our focus is on the person triggering the feelings. We can look after ourselves by mindful deep breathing (peace in-anger out) so they no longer monopolize our consciousness.

12/24

Practice Kindness.

In what way can you brighten someone's day? A small gift? Donation to a good cause? Offering your time? Helping in a way that makes the life load a bit easier? Whether it is a person you know, an organization that supports your values or a stranger in line at the store, let your strength of Kindness show up.

12/25

Practice Gratitude.

A very powerful and well researched strength, your overall well-being can improve just from spending one minute today practicing Gratitude.



12/26

Celebrate our amazing diverse world.

At a time when our world seems so divided, the season is a time to expand your awareness and appreciation for diversity.

12/27

Smiling energy.

Smiling has the power to shift your mood. Try smiling at those you know and those you don't. Notice other people's smiles. What happens to how you feel?

12/28

Let It Go.

Try yoga or Tai-chi. Practice deep breathing and always laugh to let go of the stress that accompanies the holiday season.

12/29

Mindful eating.

Instead of labeling foods 'good' and 'bad', simply pay attention to when you are hungry and conscious of how many chips you are eating. Enjoy!

12/30

Invite your Zest out to play.

Embrace the cold and find something that is only happening this time of year. Find some time to safely spend time with your family enjoying the holidays.



12/31

What's important about this season.

However you and your loved ones celebrate, make it count. Today, be intentional in making time for what matters, be mindful in the way you listen and are present with others and utilize your strengths to make this holiday season one that will become part of your 'glitter moments' to remember.



From the heart and imagination of Sharon James, beloved Parent Coach November 18, 1952 - March 5, 2019